

Alcohol in Human Language — Full Edition

Preview Page — Anonymous Edition

Copyright Page — Anonymous Edition

© 2026 Clear Method Works — Anonymous Edition

All rights reserved.

This preview page is provided solely for timestamping and authorship verification.

No personal identity is associated with this publication.

For more information: <https://clearmethodworks.com>

TABLE OF CONTENTS — FULL EDITION

1. The Real Reason Alcohol Feels Good
2. GABA, Glutamate & The Nervous System Trap
3. Dopamine, Cortisol & The Stress Loop
4. Why Alcohol Destroys Sleep
5. The Hidden Damage You Don't See
6. The Illusion of Relaxation
7. The Tolerance Spiral
8. The Morning After: What's Really Happening
9. Why You Think You Need Alcohol
10. The Memory Illusion
11. The Ritual Loop
12. The Social Programming
13. The Identity Problem
14. The Turning Point
15. The Keto Connection
16. The Long-Term Strategy
17. The New You
18. The Final Decision
19. The Life You Gain
20. The Illusion of Quality
21. Professional Disclaimer
22. Epilogue — The Return to Yourself
23. Back Cover — Alcohol in Human Language (Full Edition)
24. Series Overview — Clear Method Works (Full Edition)

